

## Exercises for Shin Splint Prevention

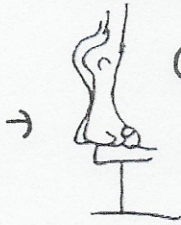


### ① Alphabet Trace

- stand on one leg and trace alphabet w/ opposite hip. works leg you're standing on
- big amplitude movements
- A thru Z, 3 x per leg
- in bare feet

1-2: good for lower leg.  
can do every day

3, 4 & 5: good for hip  
strengthening  
can do every other day



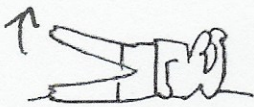
### ② 3 way Toe raises on a step

- Do 20 w/ toes out
- 20 w/ toes in
- 20 w/ toes straight
- Do flat if stairs aren't available



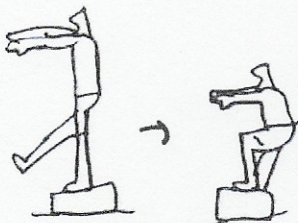
### ③ Single leg Squat Touch

- touch ground w/ opposite hand
- focus on bending hip & knee & not on simply bending forward
- 2-3 sets of 20 / side



### ④ Sidelying Wall Slide

- entire body is pressed against wall
- push heel into wall as you slide leg up wall
- 2-3 sets of 30 / side



- don't let stance leg collapse inward

### ⑤ Single leg Box Squat w/ opposite heel tip

- tap opposite heel to floor sideways
- anywhere between a 6" - 16" box / chair / stool
- 2-3 sets of 15 / leg
- can do w/o box - just get opposite leg in front & squat as low as possible focusing on dropping the hips

#### WEST CLINIC

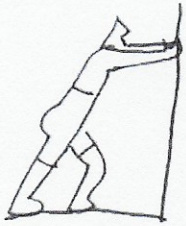
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⑥ Calf Wall Stretch



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- both feet point straight ahead
- cross front foot over the midline
- Do 1 x 90s w/ back knee straight
- & 1 x 90s w/ back knee bent

2-3 x daily

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